

VANCOUVER metro®



EDGEWATER CASINO

PUMPKIN HARVEST
CASH GIVEAWAY

Win up to **\$7500** **19+**

It's Torts' team and Torts' way

Canucks adjust to life under new coach **PAGE 21**

WARM UP WITH BREAKFAST

EIGHT DIFFERENT RECIPES THAT PAIR OATS WITH AN ARRAY OF DELICIOUS INGREDIENTS **PAGE 14**



NOW PLAYING

Included in the cost of admission.
Visit vanaqua.org for 4-D showtimes.



From left: Cory Haevischer, Matthew Johnston and Quang Vinh Thang (Michael) Le sit in the prisoner's box at B.C. Supreme Court in Vancouver on Monday. FELICITY DON/THE CANADIAN PRESS

Surrey Six trial opens with gruesome pics

Crown lays out case.
Three accused plead not guilty to charges

Within minutes of the Surrey Six trial beginning on Monday, disturbing images of the victims were flashed on the courtroom monitors.

Divided into two groups, forced to lie on their stomachs with their heads covered in sheets, Edward Narong, Corey and Michael Lal, Ryan Bartolomeo, Chris Mohan and Ed Schellenberg were each shot multiple times in the head, neck or back, according to Crown prosecutor Mark Levitz.

The evidence will clearly show "the six victims were executed," said Levitz, as photos of the men dead in a pool of blood were on screen for all to see.

It was a jarring way to start the high-profile trial, according to Mohan's mother Eileen.

"I couldn't (look). When they showed it up, I looked once and I looked away," she said. "I want to remember my son the way he was, not in this state ... in blood and among strangers he never knew and people that he should not have died with. The most difficult part was this."

Levitz said throughout the trial that the Crown hopes to prove that Matthew Johnston, Cory Haevischer and Quang Vinh Thang (Michael) Le conspired and carried out the murder of rival drug dealer Corey Lal in Apartment 1505 at the Balmoral Tower in Surrey on Oct. 19, 2007.

At 2:40 p.m. that day, it's alleged Johnston, Haevischer and another man went to the apartment to kill Lal, but they also

came upon his brother Michael and associates Narong and Bartolomeo.

Fireplace repairman Schellenberg and Mohan, a neighbour from across the hall, were also forcibly confined and murdered to ensure there would be no witnesses, Levitz said.

Levitz said witness accounts from two men involved in the plot — identified only as Mr. X and Mr. Y — and an undercover police agent who obtained admissions from the accused will bolster the Crown's forensic evidence.

Le, the alleged leader of the Red Scorpion gang, is charged with the first-degree murder of Corey Lal and conspiracy to commit murder.

Johnston and Haevischer are charged with the murder of all six victims and one count of conspiracy to commit murder.

MATT KIELTYKA/METRO



Dr. Steven Kirzner

We've helped over 60,000 people see more clearly.

NOW ONLY

\$1490.

for BOTH eyes! (Lasik or PRK)



Coal Harbour Eye Centre

High quality, affordable laser vision correction.

OFFICES IN VANCOUVER AND KELOWNA

Isn't it your turn?

CALL **604-682-4900** TODAY
TO SCHEDULE A NO COST,
NO OBLIGATION CONSULTATION.
TOLL FREE: **1.866.682.4900**

Suite 2788 - 1177 West Hastings St.
Vancouver www.seewell.ca

IN PARTNERSHIP WITH



P.K. SUBBAN
MONTREAL CANADIENS
DEFENCEMAN & HYUNDAI
HOCKEY HELPERS
AMBASSADOR

HYUNDAI HOCKEY HELPERS

Last year Hyundai Hockey Helpers helped over 1,800 kids get in the game and is working hard to help even more this year. Give a kid the opportunity to experience teamwork, dedication, pride, and of course, the fun of hockey.



HYUNDAI 1000 PUCK CHALLENGE

Join us and take the Hyundai 1,000 Puck Challenge to improve your game AND help kids in your community play hockey.

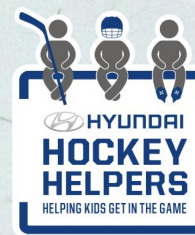
TAKE THE CHALLENGE AT
HYUNDAIHOCKEY.CA



HYUNDAI

NEW THINKING.
NEW POSSIBILITIES.™

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.



Personal licences

Last would-be pot growers speed for weed

As the federal government prepared to trash the rule allowing people to grow medical marijuana, Vancouverites rushed to get licences to cultivate their own stash before the Oct. 1 deadline.

"When people knew it was ending, we had people coming out of the woodwork saying they wanted to get their grow licence," said Terry Roycroft, president of the Medicinal Cannabis Resource Centre, a private company that helps people get Health Canada's approval to use or grow medical marijuana.

"We've been inundated with patients the last two to three weeks," he said.

Under the new system, companies can apply to become licensed producers that grow and sell weed. Health Canada will list the companies on its website, and people can make direct purchases as long as they have a medical document.

Individuals will be prohibited from growing for their personal consumption due to concerns that people were abusing the system and selling marijuana on the black market, according to the federal government.

But the new system will cost those who have been growing their own medicine, Roycroft said. The new products will be more expensive — it's anticipated to cost about \$7 per gram, up from about \$5 per gram — and people will lose thousands of dollars spent on proper lights to grow plants, he said.

EMILY JACKSON/METRO



Ross Rebagliati beams after winning the first men's snowboarding gold medal at the Winter Olympics in Nagano, Japan, in 1998. MARK SANDTEN/GETTY IMAGES

Olympic snowboarder gets weed brand ready

Plug a drug. Rebagliati plans to promote series of platinum, gold, silver and bronze products



EMILY JACKSON
emily.jackson@metronews.ca

When people think of snowboarding and the Winter Olympics, they usually think of gold medallist Ross Rebagliati and the marijuana scandal.

That's just what Rebagliati wants as he prepares to attach his brand to cannabis produced under Health Canada's new medical marijuana

rules, which happen to come into effect in the leadup to the Sochi Olympics.

Rebagliati's business will neither produce nor sell cannabis but will lend its name to certain producers' plants and promote their strains online, he said Monday as he updated Metro on his business plan.

Producers aren't allowed to market the product aside from a listing on a Health Canada website, but Rebagliati can refer clients (adults with the required medical documents) to them, he said.

He cherry-picked producers to partner with that "understand the potential of a brand" after he announced plans to open a medical

Applications

150

More than 150 companies have applied for a production licence, according to the federal government

stituent believed to be more medical and less psychoactive).

Rebagliati envisions his cannabis to be standardized like Big Macs: the same no matter where it's purchased, he said.

Plans to open storefronts are being pushed back to focus on e-commerce, he said, but he hopes to be an early entrant in the industry as attitudes toward marijuana shift in Canada and the U.S.

While the government has only awarded production licences to two companies thus far, Rebagliati expects the large-scale operations he's teamed up with will receive approval in the coming months.

1 NEWS

SMALL CLASSES. BIG IDEAS.

WHERE STUDENTS LEARN HOW TO DO BUSINESS

EARN AN APPLIED DEGREE WITH CONCENTRATIONS IN:

- International Business Management
- Accounting
- Marketing
- Human Resources Management

INFO@ACSENDA.COM • WWW.ACSENDA.COM • 604.430.5111



VIFF. Film explores dating, lies in the Internet Age

A decade since he last made a movie, and only then as a student, Trevor Juras decided to leave the safety of a day job and get back to doing what he loved.

"I finally admitted to myself that what I wanted to do was what I wanted to do in high-school and college: Write and direct films," he said.

Juras, from Toronto, is in town to air his 15-minute film *The Lamp* at the Vancouver International Film Festival.

The *Lamp* centres around a man and a woman on their first date, after meeting through online dating.

Calling it similar to a Coen brothers film, with lots of dark comedy and suspense, Juras said he got the idea after going on his own share of online



A shot from *The Lamp*, by Trevor Juras. CONTRIBUTED

dates and seeing people lie.

"Lots of it is on an innocent level. People have insecurities and might lie about their height and weight but this is a bit more of a darker spin," he said.

With the advancement of technology, Juras said it has become easier to make films on a budget.

NICK WELLS/METRO

UBC. Warning issued following sexual assault

RCMP are investigating a sexual assault that took place at the University of B.C. in the early hours of Saturday morning.

A 19-year-old female student was walking alone in the 6300 block of Biological Sciences Road, between Main Wall and West Mall, when she was grabbed from behind by an unknown male at about 2:45 a.m., according to University RCMP Sgt. Drew Grainger.

The man wrapped one arm around her waist and groped her genitals with the other.

The victim was able to break free from the attacker and run, screaming for help, causing the

attacker to run away.

Grainger said this was the first sexual assault reported on campus this school year.

The suspect is described as olive skinned, mid to late 20s with an unshaven face. He is approximately five-foot-eight, with a thin build, and was wearing a dark blue hoodie with the hood over his head, dark pants and running shoes.

University RCMP are asking for assistance in identifying the suspect and ask witnesses to contact them at 604-224-1322 or Crimestoppers at 1-800-222-8477.

NICK WELLS/METRO



Moka Balikama is seen in Vancouver in July 2011. Balikama is among several dozen former tree planters who say that they were forced to live in cramped substandard conditions at a camp near Golden. JONATHAN HAYWARD/THE CANADIAN PRESS

Tree planters claim slave-like conditions

B.C. Human Rights Tribunal. Workers claim they endured 'extreme racial harassment' in a Golden camp

A group of tree planters originally from Africa found living in deplorable conditions in a Golden camp endured slave-like conditions because

their employers discriminated against black people, a B.C. Human Rights Tribunal heard.

Lawyer Sarah Khan told the tribunal on Monday that the workplace, operated by Khaira Enterprises Ltd., was divided along racial lines. Black workers were forced to work on harder terrain than non-black employees, and the latter were given differential treatment, she said.

Khan is representing 50 tree planters, many of whom

were immigrants or refugees, and who she said were subjected to "extreme racial harassment," including racial slurs, verbal abuse, and mockery that were "consistent with slavery and anti-black racial segregation."

Khan also alleged that the workers lived in squalid conditions. They were given under cooked or expired food to eat, and were forced to drink untreated water from nearby streams and rivers. At

night, they slept on dirty mattresses in a cramped storage container with no ventilation and inadequate showers, she said.

They were also expected to work with few breaks in between, and were given little or no pay, Khan said.

"It made the workers realize their experiences as refugees are not over," she told Norman Terrise, who is presiding over the tribunal hearing. **THE CANADIAN PRESS**

UBC Continuing Studies

QuickBooks for Business Owners

Learn how QuickBooks® can help your small business save time and organize finances with no accounting expertise required. **QuickBooks for Business Owners** teaches you how to effectively use the software, avoid errors and produce useful reports. This part-time evening course takes place at UBC Robson Square in downtown Vancouver.

Course starts October 7.

cstudies.ubc.ca/qb
604.822.1420



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

NEED MONEY?

✓ No credit checks
✓ Fast approvals

call 1 866 499-5629

And get cash now!!

www.mynextpay.ca

Chilliwack

Stabbing outside pub leaves one in serious condition

Chilliwack RCMP are investigating a Sunday night stabbing outside a pub that left one victim with serious injuries.

At about 7:24 p.m. on Sunday, police received a call from an employee of a pub in the 45900 block of Yale Road saying two men had been stabbed, said Cpl. Len vanNieuwenhuizen.

One victim sustained serious injuries and was transported to a Lower Mainland Hospital for treatment. He is listed as being in a stable condition. The second victim was treated at Chilliwack General Hospital.

NICK WELLS/METRO

American government shuts down

Budget squabble.
Feds miss midnight
deadline for funding;
health care main issue

For the first time in nearly two decades, the federal government staggered into a partial shutdown Monday at midnight after congressional Republicans stubbornly demanded changes in the nation's health-care law as the

price for essential federal funding — and President Barack Obama and other Democrats adamantly refused.

As Congress gridlocked, Obama said a "shutdown will have a very real economic impact on real people, right away," with hundreds of thousands of federal workers furloughed and veterans' centres, national parks, most of the space agency and other government operations shuttered.

He laid the blame at the feet of House Republicans, whom

he accused of seeking to tie government funding to ideological demands, "all to save face after making some impossible promises to the extreme right wing of their party."

The stock market dropped on fears that political deadlock between the White House and a tea party-heavy Republican Party would prevail, though analysts suggested significant damage to the national economy was unlikely unless a shutdown lasted more than a few days.

A few minutes before midnight, budget director Sylvia Burwell issued a directive to federal agencies to "execute plans for an orderly shutdown." While an estimated 800,000 federal workers faced furloughs, some critical parts of the government — from the military to air-traffic controllers — would remain open.

The vote was 228-201, with a dozen Republicans opposed and nine Democrats in favour. **THE ASSOCIATED PRESS**



The morning sun illuminates the U.S. Capitol in Washington on Monday. At midnight, Congress ordered a partial government shutdown because it could not reach an agreement on funding. SCOTT APPLEWHITE/THE ASSOCIATED PRESS



2,000 Bonus reward miles. That's two tickets!

In fact, it's our best offer ever and enough for two short haul flights¹.



Earn 1,000 Bonus AIR MILES^{®†} reward miles after your first card purchase². You'll also earn 250 additional Bonus reward miles each month you spend \$1,000 for the first four months³.

Apply by October 31, 2013.

Visit a branch or bmo.com/get2000 for details.



BMO  **Bank of Montreal**

Making money make sense[®]

Complete Terms & Conditions are available at bmo.com/get2000. 1. A short haul flight is a return flight with origin and destination within the same province and having a departure date during low season of Jan. 8 – Feb. 28; Apr. 1 – May 31; Sept. 16 – Dec. 15. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. 2. Bonus offer is limited to new accounts and is awarded after your first BMO AIR MILES World MasterCard purchase. Applications must be received by October 31, 2013. Limit of one Bonus offer per Account. 3. An additional 250 Bonus reward miles will be issued each month you spend \$1,000 or more in card purchases (less refunds and excluding cash advances, cash-like transactions and balance transfers) for the first four months after your account is opened.

*Registered trademark of Bank of Montreal. **Registered trademark of MasterCard International Incorporated. ®Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal.

Baird warns UN of Iranian 'charm'

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm or finesse.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking

Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape and calling several times for the "human family" to unite to end violence against women.

Baird was addressing an apparent thaw in the three decades of strained relations between the United States and

Iran after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

"Some observers see encouraging signs, but sound bites do not remove threats to global security," Baird said.

THE CANADIAN PRESS



Iranian President Hassan Rouhani
THE ASSOCIATED PRESS FILE

Human rights

NSA leaker Snowden up for top EU prize

U.S. intelligence leaker Edward Snowden is among three finalists for the European Union's human-rights prize, along with Pakistani schoolgirl Malala Yousafzai and dissidents from Belarus.

THE ASSOCIATED PRESS

Investigation

Doctor rejects claim that driving affects ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

THE ASSOCIATED PRESS

Metro editor releases new book on Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it all the way up the long and winding road



DAVE LANGFORD
dave.langford@metronews.ca

The Road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None was more difficult than the path taken by Fredricton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major league baseball, O'Ree had the same

distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Boston Bruins' farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book written by Metro Halifax managing editor Philip Croucher titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that ground-breaking day.

"The big thing was not just the racism he felt; he also was playing basically with one

eye. A lot of people forget that," Croucher said.

"Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's inclusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book, which deals with the players' paths to the NHL and not the events that happened once they got there, was not meant to identify the best players the three Atlantic provinces had to offer. He had no interest in a popularity contest.

"I just wanted to celebrate 25 players and the road they took," he said. "There are stars, there are role players, there are today's players and there are yesterday's players. So I think there is a nice mix for everybody."

The players profiled

1 Nova Scotia. Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.

2 New Brunswick. Mike Eagles, Danny Grant, Randy Jones, Rolie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.

3 Prince Edward Island. Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.



Metro Halifax managing editor Philip Croucher, 37, with his new book Road to the NHL. JEFF HARPER/METRO IN HALIFAX



RBC Royal Bank

64%

of couples feel they pay more in bank fees than they need to*.

100%

of them could save money with RBC Royal Bank®.



The RBC VIP Banking® Package: Great features that will save you money.

- 3+ UNLIMITED BANKING ACCOUNTS¹**
Get one for you, one for your spouse and one joint or for the family.
- UNLIMITED USE OF ANY MAJOR BANKS' ATM²**
RBC will refund the access fee.
- UNLIMITED INTERAC E-TRANSFERS³**
The faster, easier way to send money.
- ANNUAL CREDIT CARD FEE REBATES⁴**
Get a premium reward-earning RBC Royal Bank credit card for you and your spouse.

Get up to
\$300
in gift cards⁵

SWITCH TODAY!
rbc.com/inclusive
1-866-335-2395

Advice you can bank on™

* Ipsos Reid's survey of 1000 married and cohabiting couples, 645 (or 65%) of whom who pay bank fees, conducted Aug 2-8 2013. ¹ Eligible Canadian dollar accounts include any two of the following banking accounts with the monthly fees waived: RBC Day to Day Banking®, RBC Enhanced Savings® and RBC Day to Day Savings®. Debit transaction means a withdrawal of funds from an account and includes an assisted transaction and an electronic self-serve transaction. ² ATM operator surcharge (also called convenience fee) charged by other ATM operators may apply and be added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee. All clients who use non-RBC ATMs may be charged a convenience fee by the other ATM operator regardless of the type of account they hold with us. ³ Starting September 1, 2013 the RBC VIP Banking account will include unlimited Interac e-Transfers. ⁴ The amount of the annual fee rebate depends on which banking package and eligible credit card you hold. The annual fee rebate applies every year as long as you remain an eligible account owner. Other conditions and restrictions apply. ⁵ Limited time offer. To get \$300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. To learn how, and for full offer details, go to rbc.com/termsandconditions. ©/TM Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

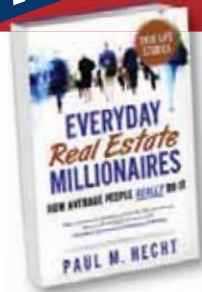
**FREE
WORKSHOP
ATTENTION!**

AS **Vancouver's Housing Crash Looms,** **CANADIANS** are **PROFITING** in the **U.S.**

Canadian & U.S. Investor and **BEST SELLING AUTHOR**



PAUL M. HECHT



AS SEEN
IN

FINANCIAL POST

SUN

NATIONAL POST

CALGARY HERALD

thestar.com

THE VANCOUVER SUN

ZOOMER

Money
MAGAZINE

SUCCESS

real estate

"Canada's Housing Crash Begins" — CANADIAN BUSINESS

"Demand For Canadian Housing Will Wane – Scotiabank" — CANADIAN PRESS, SEPTEMBER 2013

INSIDE THE LOOMING CANADIAN, VANCOUVER, TORONTO, REAL ESTATE CRASH, CANADIANS ARE BUYING SAFELY IN THE U.S.!

Canada's slowing economy, stalling housing starts and impending rising interest rates has caught the attention of astute Canadians. With the strong buying power of the Canadian dollar, all time low US real estate prices, warmer climate and the pending US housing shortage, it's no wonder savvy Canadian Investors are taking advantage of this significant market opportunity. From buying a retirement or vacation property, or investing in income property to significantly increase their wealth, Canadian are taking advantage now. **But, Time is Running out!!!**

FACT #1: US. PROPERTIES STILL up to 50%, 60% & 70% off Retail highs

FACT #2: The Canadian Dollar has Purchasing Power, but for how long?

FACT #3: 1 IN 4 Properties in Florida owned by Canadians

FACT #4: The American Economy is Rebounding

FACT #5: Interest Rates are at 40 year lows

FACT #6: Financing Available for Canadian Buyers/Investors

At this **COMPLIMENTARY 2 HOUR WORKSHOP**, you'll learn how Canadians can still safely and successfully buy U.S. Real Estate. Condos, houses, vacation homes, investment property, multi-family, commercial, foreclosures, distressed sales, government auctions and bank repos makes this the perfect wealth opportunity! You'll also learn how to find, understand and profit in the **3 Fastest Growing Markets in America!!!** Our experience and strategic alliances throughout the U.S. have created an incredible **opportunity** for Canadians. Our Clients are having unparalleled success! Unique financing, exclusive strategies and hidden inventory. No experience required. Canadians can now use there RRSP's too. **Canadian helping Canadian for over 20 years!**

"This is the missing piece to the puzzle"

— John S, Calgary

"The information shared is priceless and has changed my future – THANKS!"

— T.E., Vancouver

"Do not buy U.S. Real Estate until you attend this."

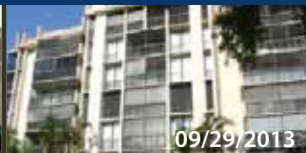
— Alan C, Edmonton

"...Condo Market Could Destabilize The Economy, Bank of Canada Warns" — CBC NEWS, 2013



09/30/2013

PALM CITY, FL
3 bed, 2 bath
1900 sq. ft On Water
Value in 2007 \$197K
\$19,000



09/29/2013

BOCA RATON, FL
2 bed, 2 bath
Incredible Condo
2006 Value \$180K
\$26,000



09/27/2013

ORLANDO, FL
3 bed, 2 bath
Minutes to Disney
2007 Value \$172K
\$27,900



09/29/2013

ENTIRE FOURPLEX
8 bed/4 bath
A/C, Close to Ocean
Fully Rented
\$27,000/unit



09/29/2013

PHOENIX, AZ
2 bed, 1 bath
Close to Everything
2008 Value \$180K
\$32,900



09/30/2013

DUPLEX
2 bed/2 bath units
Across from Park
GREAT CASH FLOW
\$35,000



JOIN HUNDREDS OF OUR CLIENTS ALREADY INVESTING IN THE U.S. RIGHT NOW!

PLUS: The FIRST 25 To Register (online or by phone) **WIN* a FREE Copy of BEST-SELLING Book!!!**

Call right now...

1-800-758-7696 or **REGISTER ONLINE**

www.CANINVESTSeminar.com

SUNDAY OCT 6th

11am or 4pm

N. VANCOUVER
HOLIDAY INN HOTEL
700 Old Lillooet RD, N Van

MONDAY OCT 7th

2pm or 7pm

BURNABY-METROTOWN
HOLIDAY INN EXP
4405 Central Blvd, Burnaby

TUESDAY OCT 8th

2pm or 7pm

SURREY
HOLIDAY INN EXP
15808 104th Ave, Surrey

**LAST FREE
WORKSHOP
IN VANCOUVER**

**FREE
GIFT!**



AND, Bring this Coupon to the Event and receive a **FREE: SECRETS to Investing in U.S.A. REAL ESTATE eBook**

**GET FREE
eBOOK
JUST FOR
ATTENDING!**

THIS EVENT IS FREE AND EVERYONE IS WELCOME! HURRY ... REGISTER NOW!

© 2013 CanInvest All Rights Reserved. No properties will be offered at seminar. Seminar is for education purposes only. *You must attend event to be eligible to claim prize

SPOILER ALERT: I'M A NETFLIX CHEATER

I'm in a loving and happy relationship but I have to admit that lately I have had a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together ... well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of



SHE SAYS
Jessica Napier
metronews.ca

thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And, as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered

What we watch when our partner is not watching

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that, on the list of privileged-people problems, fighting over your viewing habits is right up there with Starbucks running out of pumpkin-spice syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

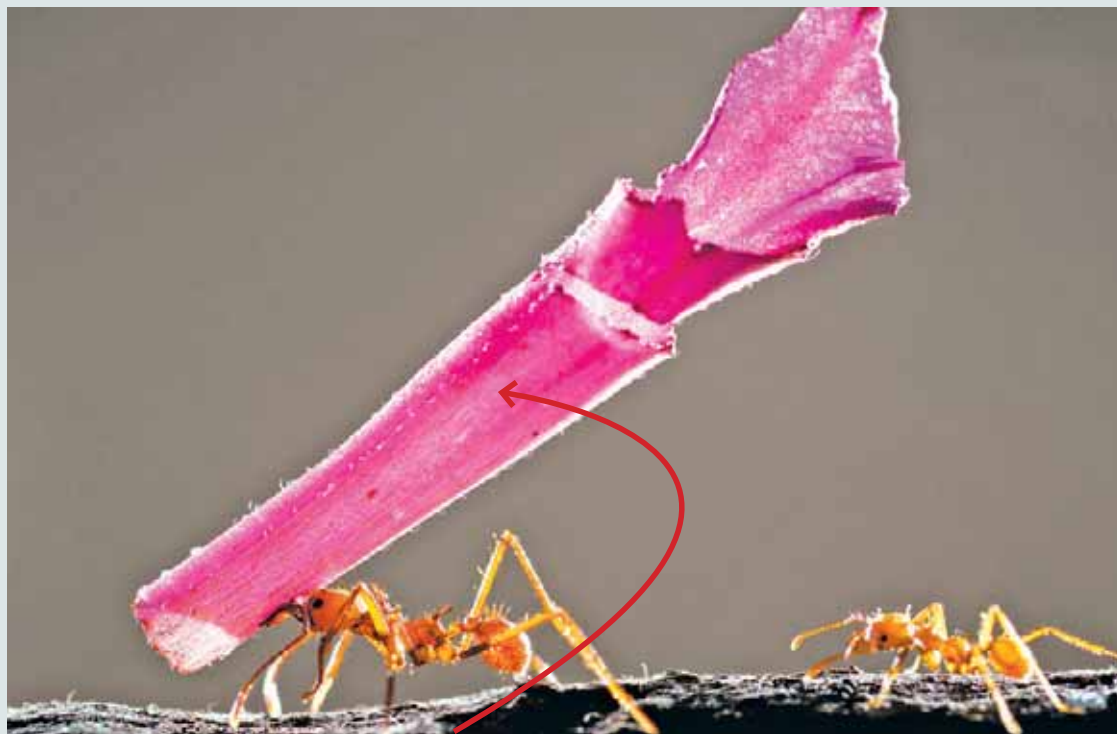
So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen ... right after I finish watching episode four of House of Cards.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of

London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. **METRO**

Two of the all-time best ant facts

50

times their own body weight is what an ant is capable of carrying.

30,000

eggs is how many each queen leafcutter ant lays each day.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.



PHOTO ILLUSTRATION/METRO

Spoiler Shield

This free iPhone app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:

Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the

Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus

Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Twitter

@metropicks asked: The Toronto Raptors to get a rebrand as international hip-hop superstar Drake takes over as the struggling basketball team's global ambassador. How can Drake make the team cool again?

Well they're basically starting from the bottom, so...

@DizzleDaKing

Hopefully Drizzy looks good in purple.
@rebverb

Get them to win.
@ruggles79

Follow @metropicks to answer our poll question. Best answers published right here.



WE WANT TO HEAR FROM YOU:

Send us your comments: vancouverletters@metronews.ca

Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Sunday's *Breaking Bad* turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, *Breaking Bad* gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

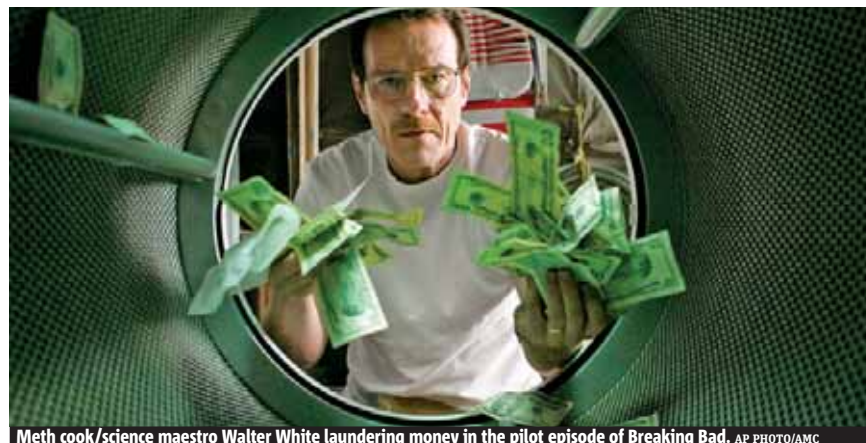
Here are 10 lessons *Breaking Bad* leaves behind:

1) Stay in school and study hard!

As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.

The next time you dispose of a corpse with hydrofluoric



Meth cook/science maestro Walter White laundering money in the pilot episode of *Breaking Bad*. AP PHOTO/AMC

acid, all you devoted *Breaking Bad* viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.

Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap.

Steve Jobs knew it. Jeff Bezos knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.

If you're stuck in a rut, like Walter White at the start of *Breaking Bad*, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.

A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.

Sure, he may be a sleazebag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer

since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).

If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no *Breaking Bad*.

9) Finish what you start.

It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the *Breaking Bad* finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).

Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating *Breaking Bad*, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS

2
SCENE

ENTER TO WIN SCREENING PASSES TO SEE **MACHETE KILLS** IN THEATRES OCTOBER 11

MACHETEKILLS.CA #MACHETEKILLS
FACEBOOK.COM/VVSFILMS
TWITTER.COM/VVS_FILM

VVS FILMS

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

SEPTMBER 26 – OCTOBER 11, 2013

VIFF VANCOUVER INTERNATIONAL FILM FESTIVAL

350 FILMS • 70 COUNTRIES • 9 SCREENS



The Patience Stone

(Afghanistan/France/Germany/UK, 102 min.)

Holding vigil at her husband's side, a devoted Muslim (famous Iranian actress Golshifteh Farahani) discovers unexpected empowerment. As she expresses her frustrations and desires, new possibilities present themselves in her war-torn city. Atiq Rahimi's adaptation of his novel proves a "poetic and politically charged allegory." — *Screen*. Winner, Best Actress, Abu Dhabi 2012.

Thu. Sep 26, 10:00 am, Vancity
Wed. Oct 2, 6:30 pm, Centre for Arts
Tue. Oct 8, 4:00 pm, Playhouse

FULL FILM SCHEDULE + INFO VIFF.org FILM INFO LINE 604-683-FILM

THIS AS SPONSORED BY
metro
News worth sharing.

WATCH VISIONTV & WIN A TRIP FOR 2 TO PRINCE EDWARD ISLAND

Road to Avonlea™

Marilyn Lightstone

Weeknights at 3pm PT

Watch weeknights at 3pm PT and spot the "Anne-a-gram" puzzle. Solve it and enter for your chance to win a trip for 2 to Prince Edward Island.



PLUS A \$2000 shopping spree of Road to Avonlea, Anne of Green Gables, and Wind at My Back DVDs and merchandise at SHOPATSULLIVAN.COM

sullivan
entertainment



ZOOMERTV
NEWS • MOVIES • MUSIC • FAITH

Shaw 120 | BellTV 261 | Telus Optik 156
Novus 24 | Shaw Direct 394 (N. Van. 24)
or check your local listings

visiontv.ca

The Head is back and Korn can still put out a record

New album. Band isn't worried about album sales

JOHN
PLICHTER
Metro

Jonathan Davis isn't too concerned about creating a commercially successful album these days.

"We don't get worked up over that anymore since we've already established ourselves," says the Korn singer.

"If you want to buy our record, buy it. If not, that's cool. We're not worried about labels anymore because we always know we can put a record out. Back in the day we definitely felt that pressure. But not anymore."

Their new album is *The Paradigm Shift*, and the band has recently gone through a paradigm shift of its own with the return of founding member Brian "Head" Welch, whose deep detuned guitars first helped put Korn in the enviable position of not worrying about who buys their albums.

How did the return of Brian "Head" Welch come about?

He showed up at a show we were playing at Carolina Rebellion, and we asked him to come onstage and play a song



Jonathan Davis is enjoying the spot Korn has earned on the music scene.

GETTY IMAGES

with us. When he did, the crowd was so emotional. People were crying and so much s— was going on that I think he realized it was time to come back. ... It's like he never left. It's been really great.

You worked with producer Don Gilmore on this album, who has been known for working with a lot of poppier acts like Avril Lavigne and Sugar Ray, to name a few. How was it to work with him?

We really, really liked working with Don. It was a lot of fun.

At first he was a little hard to read, but we broke him down through the process. That's when he started acting like a kid and having fun with us.

Being a band for 20 years now, how has your audience evolved over the years?

I think our audience has grown with us. But then also, we have a lot of new fans too. We see a lot of kids in the crowd as well as older people, so it's really cool. Our music has transferred over a couple decades and touched different people.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Girls just wanna have fun

MELINDA
TAUB

Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show *Girls*, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the *New Yorker* had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's *Girls* at my house," she wrote.

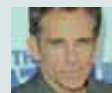
"The SNL parody of *Girls* was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.

Want to know Katy Perry's inner thoughts? It's all in her music

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, *By the Grace of God*, about the time she found herself on the bathroom floor considering suicide, she tells *Billboard* magazine. "That song is evident of how tough it really

was at a certain point," she says. "I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Twitter



@RedHourBen

I can't believe it's gone.



@WhitneyCummings

Watching the *Breaking Bad* finale without having seen any of the series. I have some questions



@TheRealRoseanne

May it please ascended masters to aid me 2 reverse the decree against the ppl

Easier banking. Lower fees.



That's the genius of the CIBC Everyday® Banking Bundle

Chequing, savings, overdraft protection and your choice of credit card: all the everyday banking you need, all in one place. Bundling your accounts together just makes sense. It makes banking easier. And it saves you money on fees.

Find out which banking bundle is right for you.

At the branch
cibc.com/geniusbundles
1 877 434-1909

®Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.



FOR
WHAT
MATTERS.



TRENDY **TIPS** PAIRED WITH THE PERFECT **LIPS**



Dial up the drama! Amplify rich metallic tips with a bold lip.



Make a statement! Pair emerald tips with a violet lip for a look that pops.



Less is more! Accentuate your mauve tips with a nude lip for a sophisticated, minimalist look.



BROUGHT TO YOU BY REVLON COLOUR AUTHORITY™

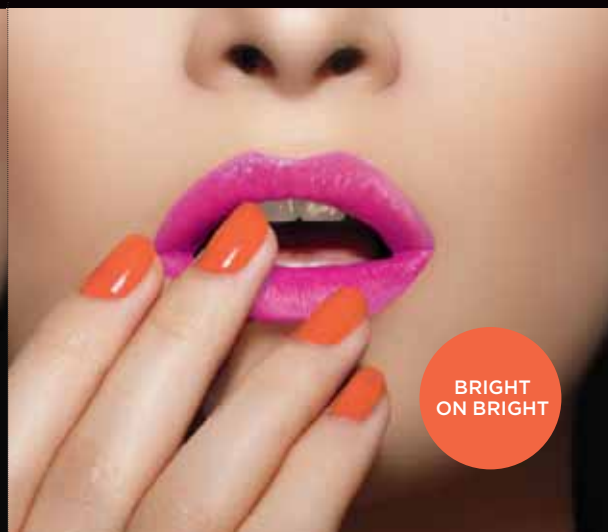
Shade availability may vary by retailer.
© 2013 Revlon.

REVLON®

Dial up the impact of your trendy tips with high-fashion pairings, hand picked by Revlon



RAVISHING
RED



BRIGHT
ON BRIGHT



PRETTY
PASTELS

Keep it classic! Match red tips and lips for an iconic look.



Revlon Super Lustrous™
Lipstick in Rich Girl Red

Revlon Nail Enamel
in Fearless

Be bold, be bright! Pump up the volume of your brightly coloured tips with a bold lip.



Revlon Just Bitten Kissable™
Balm Stain in Lovesick

Revlon Nail Enamel
in Siren

Celebrate the classics! Pair pastel tips with a nude lip for a flawlessly chic look.



Revlon Just Bitten Kissable™
Balm Stain in Honey

Revlon Nail Enamel
in Enchanting

SAVE \$2.00

ON ANY REVLON® NAIL ENAMEL OR LIP PURCHASE

TO THE RETAILER: Revlon Canada will reimburse the face value of the coupon provided you accept it from your customer on the purchase of any Revlon nail enamel or lip purchase. Revlon may refuse reimbursement where it suspects fraudulent or non-compliant redemption has occurred. Failure to provide, on request, evidences that sufficient Revlon nail and lip stock was purchased in previous 90 days to cover coupons presented will void coupons. Reimbursement will be made only to retailers who redeem with original coupon. GST/HST/QST and Provincial Sales Tax (where applicable) are included in face value of coupon. Valid only in Canada. For redemption, mail to: Revlon Canada, P.O. Box 3000, Saint John, N.B. E2L 4L3. This coupon cannot be combined with any other offers. LIMIT ONE COUPON PER PURCHASE AND ONE COUPON PER CUSTOMER. OFFER EXPIRES: MARCH 31, 2014. VOID WHERE PROHIBITED BY LAW.



REVLON

3
LIFE

Elisha Dacey

**Half Off:
Eating your
stress**

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Ciecwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YVLA VAN BUUREN/FOR METRO



Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA
MCGUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of Eat Right When Time is Tight, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need

to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

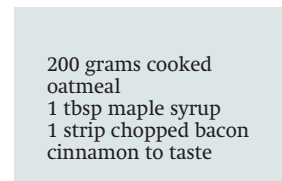
So, because we love oatmeal and we hope we've

convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.



200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips



200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon



200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts



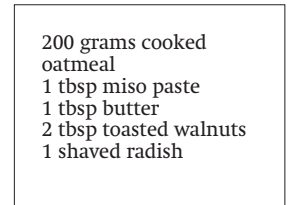
200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste



200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste



200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste



200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish

Civil Engineering Technicians Earn an Average of \$28.00/Hour



BRIGHTON
COLLEGE

Civil Design Training Programs

- 32 Week Diploma
- 100% Practicum Placements
- 4 Week Practicum
- Flexible Schedules

INFRASTRUCTURE DESIGN TRAINING

91% of our graduates get hired in their field shortly after graduation.

Take the next step in pursuing a career as a Civil Engineering Technician!

*Statistics have been acquired from WorkBC. Low Wage: \$20/hr. High Wage: \$43/hr.

Learn more at our FREE info sessions every Monday and Wednesday at our Burnaby campus.

Call today **604-901-5121** BrightonCollege.com

Greasy Grilled Cheese no more



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the out-

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
 - 3 oz boneless skinless chicken breast
 - 6 slices of bread
 - 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
 - 1/3 cup sliced avocado
 - 3 tbsp chopped cilantro
- Sauce**
- 3 tbsp light mayonnaise
 - 1 1/2 tsp chopped chipotle pepper or jalapenos



This recipe serves three. ROSE REISMAN

side of the bread is just sprayed with vegetable oil.

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide

chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety

of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



OPTICENTRE.CA

  /OPTICENTREYVR



A COMPLETE PAIR
OF GLASSES
STARTS AT

ONLY
\$39

100-4012 Hastings St. Burnaby, BC • (604) 620-7049



Become an Early Childhood Educator

- Train for an in-demand career
- Guide children through their formative years
- Upcoming start dates so you can start quickly

604.310.2684 - - www.mticc.com

Six locations to choose from

MTi
COMMUNITY COLLEGE

Be aware. A proper self-examination is the key to early detection



Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN

Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book *Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens* — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised \$65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

About Charity Challenge

- U.K.-based Charity Challenge, which recently launched in Canada, operates more than 100 fundraising expeditions for 1,500 people each year.
- Anyone can join any trip to raise money for any charity they're passionate about.
- For more info, visit charitychallenge.ca.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called *I Wanna Do It All*. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including *Run for the Cure*. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcfc.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).



Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a \$75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kili-



manjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers ... not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of



Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

Reach for the sky

Conquering my fears to fight cancer

I think it's the fear of losing control.

Snakes are fine. So is public speaking. But heights? They terrify me.

So you can imagine how I felt when our company president "volun-told" me for a breast cancer fundraiser that involved walking around the outside of the CN Tower.

I'm OK in elevators and balconies — the fact that it's enclosed makes me feel safe. But I get tense when escalators have open sides and make a point of staying away from high ledges.

But cancer scares me more. I have seen people who lead healthy lifestyles get it. In August, we lost a Metro co-worker to cancer at age 36.

I'm told I'm a good fundraiser and I believe fighting our fears leads to personal growth. So I agreed to reach for the sky — literally.

So up the CN Tower I went last month, making sure not to step on the glass tiles in the elevator.

Up top, our group of fundraisers stood in a small room with glass doors while our safety harnesses were connected to a guide rail. The employees all joked that "it was their first day on the job."

Then, the doors opened. The wind gusted in and the temperature dropped. I tensed up. My hands became clammy and I tightened my grip on the harness.

When asked to step out on the ledge, I looked at the floor. That made it worse. The Edge-Walk floor is a grate; you can see the ground below. I stared at the CN Tower wall instead. My fellow fundraisers were



Fernando Carneiro on the edge 365 metres above the city. CONTRIBUTED

invited to "hang their toes over Toronto." I passed. Just being there felt like personal progress.

Over the course of the walk, I became bold enough to let go of the harness and enjoy the view. That was my personal limit that morning. Back inside, as I was

unharnessed, I felt my entire body hurt from being tense — it was as though I had been tenderized with a meat mallet. Yet, I started to feel a little daring. I immediately wanted to do it again.

Yes, it was mentally tough, but I plan to return. And this time I'll hang my toes over Toronto because I feel stronger now than I did before I faced my fear of heights.

And thank you to my colleagues at Metro, who helped me raise more than \$1,600 for the EdgeWalk Challenge for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

I suspect they did such a great job fundraising so they wouldn't have to do the Edge-Walk themselves.

FERNANDO CARNEIRO/METRO

FOR A VIDEO OF FERNANDO'S SKY-HIGH ADVENTURE, VISIT METRONEWS.CA



the way before altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind ... and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive

surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept

her going. "They cheered me on, they supported me in every way they could."

And, for her, carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said.

Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

Communication. How to talk openly, honestly with your kids about cancer



When it comes to talking to kids about cancer, parents need to allow for questions and open communication. ISTOCK

ANISA ARSENAULT

Metro World News in New York

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents (with cancer) had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a

plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

Teenagers, on the other hand, require much more transparency. "You have to give them specific information because they're going to have specific questions and they want to know what's going on in a clear way," Bornfriend says. Additionally, emotions may run high. "There may be a very dramatic response to your news, and you sort of have to batten down the hatches. Or they're going to want their own privacy in the way they deal with things."

Your teenager may not want to talk to you. Maintaining normalcy is important, Bornfriend says. "You have to make clear to the kids that you expect that they continue to meet their responsibilities," she says. "There will continue to be consequences if they don't."

Bornfriend explains normalcy also means that kids get to be kids. "It's OK for them to have fun, it's necessary for them to have fun," she says. "School-aged kids especially are very into rules and order, and cancer treatment can be very disruptive to them because it changes. But use other people — family members, friends — so that their schedules persist."

Parents need to allow for questions and open communication. "The worst thing is when kids are trapped by themselves and alone in their minds and don't feel that they can ask a question," Bornfriend says. "We tell parents that even if tears are rolling down your face while you're having that conversation with your child, it's better than not having that conversation."

PUMPKIN HARVEST

CASH GIVEAWAY
OCTOBER 1 - 31

OCTOBER 3 - 26
DRAWS EVERY
THURSDAY & SATURDAY

7PM • \$250
8PM • \$500
9PM • \$1000

OCTOBER 31 GRAND PRIZE DRAW

7PM & 8PM Win up to **\$1000** 9PM Win up to **\$7500**



FREE 3 BONUS BALLOTS Valid until October 4 at Guest Services



Exclusive to our Encore Members
55 years and older

Receive special menu discounts offers every month!

OCTOBER MENU
Monday - Friday

LUNCH

Grilled Cheese & Salad
11:30am to 2pm

\$4.50

DINNER

Fish & Chips
4pm to 6pm

\$6

Visit Guest Services to receive these offers.

Across from BC Place • 750 Pacific Boulevard S., Vancouver • edgewatercasino.ca

f Edgewater Casino, Vancouver

@CasinoEdgewater



Know the odds of the game.
GameSense

19+

Wingmen for hire: Find love through fake friends



Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner. "It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman. "You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem

The wingman's creed

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

Thomas Edwards, the founder of U.S. firm The Professional Wingman

On what the job of a pro wingman entails

amazing."

For \$125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business

to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar companies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure ... and give perspective on the date."

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.



Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. iSTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of \$33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low-cost), and no "get-rich-quick" promises. Above all, don't let uncertainty stop you from moving forward.

what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.



RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over \$700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Advice you can bank on™



*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Starting the new season with overtime?

Search more than 6,000 new jobs posted every week.

There are less stressful ways to reach your goals.
With the most job postings from Canada's top employers,
we'll help you score the right job faster. It's what makes
Workopolis Canada's number one job site.

workopolis.com

 #workopolis



"Number one job site" based on six-month average online job postings for period ending August 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Between the pipes

Lu looks for early momentum in return to limelight

Once again, Roberto Luongo is the man.

Through the most dramatic of circumstances that played out this summer, Luongo regained his status as the Vancouver Canucks' starting goaltender when general manager Mike Gillis shipped Cory Schneider to New Jersey at the NHL Draft.

From there, it became a stream of visits by the Canucks management team and head coach John Tortorella to Luongo's home in Florida, in a bid to sell him on returning to Vancouver as the No. 1 puck stopper.

It wasn't until the waning days of August when the goalie confirmed — in a televised interview with TSN's James Duthie — that he was returning to the Canucks.

The topic of conversation shifted at the onset of training camp to whether he was happy to be back in Vancouver.

With the Canucks set to open the 2013-14 season on the road against the San Jose Sharks on Thursday, the greatest question now is can Luongo, a notoriously slow starter in October, buck the aforementioned trend?

"All I know is just put the work in," Luongo said Sunday. "You just can't think about it, really."

"I want to start good but sometimes it's not going to happen, you've just got to stay with it and stay patient."

In two of his three starts during the pre-season, Luongo was sound. He made reading the play look elementary, and showed off some flare and swagger when appropriate.

"I feel pretty good right now. I just want to keep that momentum going into next week," said Luongo.

CAM TUCKER/METRO



Vancouver Canucks head coach John Tortorella says the team appealed to him because of their expectation of success. JONATHAN HAYWARD/THE CANADIAN PRESS

Canucks learning the Tortorella way

NHL. Players show faith in new bench boss to take them to the next level



CAM TUCKER
cam.tucker@metronews.ca

Day by day, John Tortorella has begun to put his own personal touch on the Vancouver Canucks.

In an off-season that started with general manager Mike Gillis calling for a "reset" of the organization, Tortorella, hired in June after Alain Vigneault was fired in May, has become the face of such an undertaking.

(Although there is debate as to how much of an actual "reset" took place, considering the most significant roster

The give and take

The Canucks claimed defenceman Ryan Stanton off waivers from the Chicago Blackhawks on Monday.

- Stanton spent the last four years with the Rockford IceHogs in the American Hockey League and played one NHL game for Chicago last season.

- The Canucks had to submit their 23-man opening day roster to the NHL Monday.

- The team also officially announced that 2013 first-rounders Bo Horvat and Hunter Shinkaruk had been returned to their respective junior hockey clubs.

move was the trade of goalie Cory Schneider.)

On the ice, the new defensive system he's been trying to instill includes far more shot blocking than the Canucks, and that includes Roberto Luongo, who likes to face plenty of shots, were used to in previous years. The Sedin twins, Daniel and Henrik, will be used in a penalty-killing

role, as well.

There's a demand for even better fitness. Feedback to players is more of black and white honesty than diplomatic grey. And don't forget more bite.

"It's pretty clear. Work hard in practice, good habits ... the intensity is going to be high but it's fair," said Canucks defenceman Kevin Bieksa.

"If you get a push from the

coach and it's well received, it's going to get more out of the guys. We're being asked to work hard and we were already a well-conditioned team, but he's going to take us even further there. I've said it before in training camp, we're excited for the challenge."

The Canucks begin their season Thursday on the road against the San Jose Sharks.

There's mystery and intrigue with this edition of the Canucks, which only two years ago was vying for a Stanley Cup but has slipped since. The team's restoration revolves around the new coach.

"It's part of the reason that it appealed to me, because there's a tremendous amount of expectation," said Tortorella.

"I think that's going to be a huge part of how we handle ourselves as a team, to handle those expectations the proper way."

4 SPORTS



HEALTH CARE ASSISTANT PROGRAM

The Health Care Assistant program is designed to provide students with opportunities to develop the knowledge, skills and attitudes necessary to function effectively as front-line care-givers and respected members of a health care team.

CAREER OPPORTUNITIES: HOME SUPPORT, LONG TERM CARE, ASSISTED LIVING, SPECIAL CARE UNITS

CALL 310.HIRE (4473) OR VISIT SPROTTSHAW.COM



Kesler counted on to shoulder heavy load

Big minutes. Tortorella will lean on his second-line centre so long as he's healthy



**CAM
TUCKER**

cam.tucker@metronews.ca

In some cases, the NHL pre-season is a false indicator of what to expect when wins and losses finally matter.

Not when it comes to Ryan Kesler and the role he'll take with the Vancouver Canucks under John Tortorella's tenure.

Tortorella's plan for Kesler, the speedy second-line centre, is simple: He's going to play and play a lot, so long as he is healthy enough to do so.

In his first pre-season game, Kesler played a whopping 25 minutes and 29 seconds and was on pace for much more



If the pre-season is any indication, Ryan Kesler will be logging a lot of ice time during the regular season. GETTY IMAGES FILE

than that after the opening period.

A sign of things to come. "I'm going to demand a lot

out of him," said Tortorella on Sunday.

Kesler arrived to training camp completely healthy,

something that can't be said for each of the past two seasons, due to off-season hip, shoulder and wrist surgeries.

The success of the Canucks this season hinges greatly on whether the 29-year-old Kesler remains in the lineup.

A 41-goal scorer in 2010-11, he plays on both the power play and penalty kill.

It appears Kesler will start the season with Chris Higgins and Jannik Hansen.

The coach praised Kesler and his linemates for their effort in the pre-season finale against New York.

Their blue-collar, dogged pursuit of the puck led to a goal and was a testament to the style of hockey Tortorella wants played in the offensive zone.

"Kes ... I thought played in the areas that he needs to play in to be the most effective player he can be," said Tortorella.

Rule ratification

Players OK changes to icing

Hybrid icing will be in effect for the start of the 2013-14 NHL regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season. The goal is to prevent serious injuries, like the one that sidelined Carolina Hurricanes defenceman Joni Pitkanen for the entire season.

Pitkanen broke his left heel bone in eight places on an icing touch-up in April.

"After testing hybrid icing during the pre-season games, the players participated in a survey and a majority of teams supported this rule change in an effort to make the game safer," NHLPA special assistant to the executive director Mathieu Schneider said in a statement.

THE CANADIAN PRESS

Stanley Cup dreamin'

Caps aim to dethrone champs in opening game

The Chicago Blackhawks began last season in Los Angeles, where they watched the Kings celebrate their Stanley Cup title, and then cruised to an emphatic 5-2 victory that set the tone for their own championship run.

Now they are looking for another strong start, while Washington is hoping to do what the Blackhawks did last season when the Capitals visit Chicago on Tuesday.

It's hard to imagine the Blackhawks putting together a better start than they did last season, when they set an NHL record by recording at least one point in the first 24 games.

Washington, meanwhile, stumbled out of the gate, dropping nine of its first 11 games. Led by NHL MVP Alex Ovechkin, they closed with a flourish to make it to the playoffs.

THE ASSOCIATED PRESS

IT'S MORE THAN A GAME. IT'S NHL FACE-OFF.









KINGS OF LEON



HOSTED BY
GEORGE STROUMBOULOPOULOS

LIVE PERFORMANCE BY
KINGS OF LEON

* NEW ALBUM MECHANICAL BULL OUT NOW

THE PUCK DROPS TONIGHT



TORONTO AT MONTREAL 3:30 PM

WINNIPEG AT EDMONTON 7 PM





NHL, the NHL Shield and NHL Face-Off word mark and logo are trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © NHL 2013. All Rights Reserved.

cbcsports.ca





#NHLFaceOff



Horoscopes

Aries

March 21 - April 20

You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

Taurus

April 21 - May 21

With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

Gemini

May 22 - June 21

There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

Cancer

June 22 - July 23

This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

Leo

July 24 - Aug. 23

If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

Virgo

Aug. 24 - Sept. 23

You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

Libra

Sept. 24 - Oct. 23

You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

Scorpio

Oct. 24 - Nov. 22

The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

Sagittarius

Nov. 23 - Dec. 21

Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

Capricorn

Dec. 22 - Jan. 20

You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

Aquarius

Jan. 21 - Feb. 19

Someone important is looking at you and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

Pisces

Feb. 20 - March 20

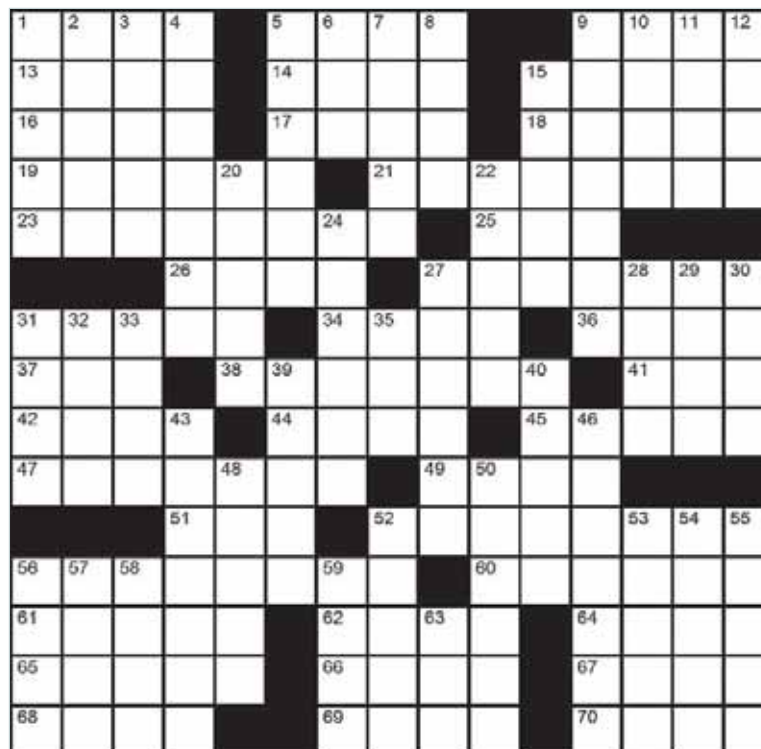
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Shortened sandwiches
- Ticket tidbit
- Thickening gum
- Handled easily, as a ship
- Hair hues, sometimes
- Health: French
- Nameless [abbr.]
- Joke reaction
- Gladiator's 2003
- Edmonton-born hockey star Jarome
- Reigning without losses
- ___ In Motion (BlackBerry, once)
- Vodka, e.g.
- Waiter's prop
- Nigel of TV talent
- The Divine Comedy writer
- Actor, Scott ___
- Garner
- 'Advert' suffix
- Get supplies: 2 wds.
- "The Hunt for ___ October" (1990)
- Saturate
- "The '___' e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
- Chasm
- Popular sport
- Unaccompanied
- UK record label
- New Brunswick attraction, ___ Rocks
- Luxury 'house' of France



- The Merchant of Venice character
- ___ acid
- Dog, with Lhasa
- Composer Mr. Berlin, et al.
- Badger
- Soaks flax
- Night: French

- Classic record label
- Sister on "Charmed"
- Mil. titles
- Way to travel: 2 wds.
- Actress Jessica
- Three: French

- Mack ___ (Canadian filmmaker known for his Keystone Kops movies)
- Big desert
- Travel screening gr.
- "Yup."
- "Touched ___ Angel": 2 wds.

- Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand ___
- Portion
- End in ___ (Draw): 2 wds.
- Harness

- Extract metal from ore
- Guardians in ancient Rome
- CCR's "Born on the ___"
- Robotically-enhanced Sci-Fi human
- "It's done this way...": 2 wds.
- Jackson 5 hometown in Indiana
- Mining discoveries
- Breaks off
- 'D' of CD, variably
- Not worth ___ (Without value)
- Close
- House-coolers in windows, briefly
- Music chord type
- Archaeology-style of prefix
- Tissues brand
- Canadian retailer, established in 1811 in Newfoundland
- 1986 Tony-winning Best Play, ___ Rappaport: 2 wds.
- Fight
- Overly active
- "The ___! ___ Hollywood Story"
- "___" on a Prayer" by Bon Jovi
- Holds up
- Schmoozes
- "How ___ Your Mother"
- Traveller's documentation
- Large instrument
- Alphabetic trio

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Know what the weather
will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2013

m2dental
BACK TO SCHOOL
& BACK TO WORK
WITH A NEW SMILE!
604 685 9851
50-323 Jervis St
www.m2dental.com

Visit **metronews.ca**



FLIGHT CENTRE
The Airfare Experts

1 866 519 5111
flightcentre.ca

Tulalip
Black Friday Weekend
2 Nights

\$190
from pp

INCLUDES Tulalip area accom near
Seattle Premium Outlets.

Conditions apply. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. pp=per person. Prices are for select travel dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG. #H02790

Watch your favourite stars. Beneath the stars.



Enjoy Optik TV™ anywhere at home with the new wireless digital box.*

Take family movie night to the backyard. Simply connect a wireless digital box to your TV and experience entertainment like never before. Only with Optik TV.



Get a FREE 42" LG HDTV when you sign up for Optik TV and Internet on a 3 year term.†
And get the freedom to move it where you want with a wireless digital box.

Call **310-MYTV (6988)**, go to **telus.com/optiktv**
or visit your **TELUS Store or Authorized Dealer**.

 **TELUS**
the future is friendly®

TELUS STORE OR AUTHORIZED DEALER

Vancouver

Bentall Centre
Oakridge Centre
Pacific Centre
Terasen Centre
220 1st Ave. East
551 Robson St.
625 Howe St.
808 Davie St.
991 Denman St.
1095 West Pender St.
1707 Robson St.
1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

Abbotsford

Sevenoaks Shopping Centre
2140 Sumas Way
3122 Mt. Lehman Rd.
32915 South Fraser Way

Aldergrove

26310 Fraser Hwy.

Burnaby

Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack

Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam

Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta

Scottsdale Centre
1517 56th St.
4841 Delta St.
7235 120th St.

Langley

Willowbrook Shopping Centre
8840 210th St.
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge

Haney Place Mall
22661 Lougheed Hwy.

Mission

Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster

Royal City Centre

North Vancouver

Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows

19800 Lougheed Hwy.

Richmond

Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey

Central City Shopping Centre
Cloverdale Crossing
Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
Sullivan Square
3189 King George Blvd.
7380 King George Blvd.
12477 88th Ave.
13734 104th Ave.

West Vancouver

Park Royal

*Wireless signal range will vary and can be affected by conditions in the home, including interference from other electronic devices and the materials used in construction. †Offer available until November 4, 2013, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. 42" LG SMART HDTV offer available while quantities last and cannot be combined with promotional prices. TELUS reserves the right to substitute an equivalent or better product without notice. Manufacturer's suggested retail price of a 42" LG SMART HDTV is \$999. Cancellation fee for early termination of a service agreement will be \$24/mo. for the 42" LG SMART HDTV and \$10/mo. for the HD PVR and digital boxes multiplied by the number of months remaining in the term. Current rental rates apply at the end of the term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. © LG Electronics Canada, Inc. All rights reserved. "LG Life's Good" is a registered trademark of LG Corp. © 2013 TELUS.